

Comprehension Practice: 1

• Past Paper: 2023

(i) Happiness is very important to most of the people because a happy person is more satisfied and more aware of his needs. Consciously, he knows that material wealth neither guarantee happiness nor confirms satisfaction after achieving it. If that was a case the developed countries would have the happiest people around in the world but that is not the case. Therefore, material wealth and happiness are not co-dependent on each other in a long run.

(ii) The Author conceptualized 'Voluntary Simplicity' as a movement as well as a philosophy. 'Voluntary Simplicity' as a movement refers to the free will of the individual in order to reduce or minimize utilization of Goods and Energy to protect environment from further harm which results from consumerism. While the philosophy revolves around the psychological understanding of one's wants or needs, in order to achieve the sense of balance in life.

(iii) The Impacts of Growing Consumerism of modern Society is that people are mindlessly spending expenses on goods which are not longlasting, But are contributing in increasing land waste. The waste is dumped in landfills which results in ^{rise in} Environmental issues. Therefore the growing Consumerism is both directly and indire

-ctly harming the environment which is further impacting human's health and well-being.

(iv) - In a consumer society, the continuous interactions with advertisements, ~~then~~ social promotions and messages makes it difficult to reduce the consumption patterns. As it makes ones feel left behind, if they are not purchasing a certain item. This fear of missing out increases the struggle of what one actually needs or it is just the need ^{want} created by the influence.

(v) - The challenges of 'voluntary simplicity' is to make a conscious and willing decision of maintaining a simple lifestyle, less consumption of goods and energy, and realising the odds of consumerism. While the rewards includes a happy satisfied life, more time to spend with loved ones and more space to move around. It also eliminate stressors from life thus one can ~~live~~ have a healthy, satisfied and more fulfilled life.